

## **Boiled Broccoli**

Boiled broccoli is quicker than baking broccoli. However, you have to stir it constantly. Melting the cheese properly is sometimes difficult, as it may burn. Boiled broccoli without cheese may lose some of its flavor. A rolling boil may deplete some of the vitamins and minerals. Boiling allows it to become tender enough to chew easily. Only lightly boiling broccoli would make it steamed, which is supposed to help it retain vitamins and minerals. While broccoli can be microwaved, it generally doesn't get completely cooked that way. Steamed or microwaved broccoli can cause digestive ailments, including pain and bloating.

### **Pre Cook Preparation:**

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

### **Meal Adaptations:**

#### **Physical Accommodations:**

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

#### **Visual Accommodations:**

- Colored chopping boards

### **Potential Food Allergy or Intolerance:**

- Bacon Bits
- Broccoli
- Butter (lactose)
- Cheese (lactose)
- Pepper
- Spices

### **Meatless Preparation Avoid:**

- Bacon bits
- Butter
- Cheese
- Substitute with: \_\_\_\_\_

### **Utensils:**

- Chopping board
- Knife
- Pot holders
- Spoon.
- Pan: 2 quart sauce pan

**Ingredients:****Meat:****Optional:**

1/4 cup of bacon bits

**Vegetables:**

15 ounces of broccoli, thawed is better

**Other ingredients:**

1 tablespoon of butter

1/2 cup of cheese

Dash of salt

Spices, such as pepper, to taste

**Preparation time:** 10 minutes

**Preparation:**

1. Wash and chop broccoli.
2. Add to a 2 sauce quart pan:
  - 15 ounces of broccoli
  - 1 tablespoon of butter
  - Dash of salt
  - Spices, such as pepper, to taste
  - Enough water to cover broccoli**Optional:**
  - 1/4 cup of bacon bits
3. Heat to a boil.
4. Reduce to a simmer, stirring every 10 minutes.
5. After 20 minutes, add the 1/2 cup of cheese carefully.
6. Stir constantly, or it will stick and burn.

**Cook Temperature:** Medium to low

**Cook Time:** 30 minutes

**Servings:** 4 to 5

**Storage Solutions:** Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.